

**Claim Listing:**

1. (Currently Amended) A fluid for preventing or treating hypohydration, comprising a methyl amine and/or a flavonolignan flavanolignan and optionally a methyl amine, said fluid further comprising one or more digestible carbohydrates and one or more minerals, wherein said fluid has an essentially hypotonic osmolarity, and wherein said flavanolignan is present at a concentration of 0.1-8 g/l.
2. (Original) A fluid according to claim 1, having an osmolarity of 300 mOsm/l or less.
3. (Original) A fluid according to claim 1, having a dry mass content of 9 wt. % or less.
4. (Original) A fluid according to claim 1, wherein the digestible carbohydrate concentration is between 10 and 80 g/l.
5. (Currently Amended) A fluid according to claim 1, wherein the one or more carbohydrates are chosen selected from the group consisting of oligosaccharides and polysaccharides.
6. (Currently Amended) A fluid according to claim 1, wherein the one or more carbohydrates have an average chain length in the range of 3-50 monosaccharide units.
7. (Original) A fluid according to claim 1, wherein at least 50 wt. % of the carbohydrate content is in the form of oligosaccharides and/or polysaccharides.
8. (Currently Amended) A fluid according to claim 1, wherein the one or more carbohydrates comprise are selected from the group consisting of glucose, and at least one of the monosaccharides chosen from the group of fructose, galactose, mannose, ribose and inositol.
9. (Currently Amended) A fluid according to claim 8, wherein the amount of comprising glucose, fructose, and mannose, and wherein fructose and mannose together is are present in an amount between 0.05-0.6 mole per mole glucose.

10. (Currently Amended) A fluid according to claim 1, wherein the one or more carbohydrates comprise at least 0.5 g/l ribose, at least 0.5 g/l inositol and/or at least 0.5 g/l galactose.

11. (Original) A fluid according to claim 1, wherein said methyl amine is betaine.

12. (Original) A fluid according to claim 1, wherein the methylamine concentration is 0.1-.20 g/l.

13. (Currently Amended) A fluid according to claim 1, wherein said flavonolignan flavanolignan is silibin.

14. (Cancelled)

15. (Currently Amended) A fluid according to claim [[1]] 13, comprising silymarin as a source for silibin.

16. (Original) A fluid according to claim 15, wherein the silymarin concentration is between 0.2 and 10 g/l.

17. (Original) A fluid according to claim 1, wherein the mineral concentration is between 0.1 and 30 g/l.

18. (Currently Amended) A fluid according to claim 1, wherein the one or more minerals are chosen selected from the group formed by consisting of sodium, potassium, chloride, phosphate, magnesium, zinc, calcium, iron and copper.

19. (Original) A fluid according to claim 18, wherein the magnesium concentration is 100 mg/l or more.

20. (Original) A fluid according to claim 18, wherein the zinc concentration is 10 mg/l or more.

21. (Original) A fluid according to claim 18, wherein the calcium concentration is 300 mg/l or more.

22. (Original) A fluid according to claim 18, wherein the iron concentration is 5 mg/l or more.

23. (Original) A fluid according to claim 1, comprising glycerol, lipoic acid, a vitamin, citrate, phosphate, malate, taurine, caffeine or a combination thereof.

24. (Original) A fluid according to claim 23, comprising tocopherol.

25. (Original) A fluid according to claim 23, wherein glycerol is present in a concentration of 0.1-20 g/l.

26. (Currently Amended) A fluid ~~according to claim 23, for preventing or treating hypohydration, comprising a flavanolignan, a methyl amine or a combination thereof, said fluid further comprising one or more of glycerol, lipoic acid, a vitamin, citrate, phosphate, malate, taurine, caffeine, and wherein lipoic acid is present in a concentration of at least 20 mg/l.~~

27. (Original) A fluid according to claim 23, wherein taurine is present in a concentration of 0.2-2 g/l.

28. (Original) A fluid according to claim 23, wherein caffeine is present in a concentration of 0.1-1 g/l.

29. (Original) A fluid according to claim 1 comprising methionine.

30. (Original) A fluid according to claim 1, having a pH in the range of 2.5-6.8.

31. (Original) A fluid according to claim 1, having a nitrogen content of less than 3 g/l.

32. (Original) A fluid according to claim 1 in the form of a water solution, a fruit juice, a whey dairy drink, a beverage, a fluid for tube or enteric administration.

33. (Currently Amended) A method for treating or preventing hypohydration, comprising the ~~administration of administering~~ a fluid according to claim 1 ~~to a subject~~.

34. (Original) A method according to claim 33, wherein the fluid is administered orally or by tube or enteral administration.

35. (Currently Amended) A method according to claim 33, ~~comprising the administration of said fluid to a~~  wherein the subject ~~suffering suffers~~ from a gut disorder, cystic fibrosis, or a cardiovascular disease ~~or a physiologically or symptomatically related disorder~~.

36. (Original) A method according to claim 33, wherein the fluid is administered before, during or after the subject is subjected to surgery.

37. (Currently Amended) A method according to claim 33 for the prevention or treatment of ~~dehydration~~ ~~dehydration~~ of a subject who is exposed to a high temperature and/or physical exercise, wherein the fluid is administered to the subject before, during and/or after being exposed to a high temperature and/or physical exercise.

38. (Original) A method according to claim 33, wherein the subject is an elderly person.

39. (Currently Amended) A method according to claim 33, wherein the fluid is administered for medical use.

40. (Cancelled)

41. (Original) Concentrate for preparation of a fluid according to claim 1.

42. (Original) Concentrate according to claim 41 in the form of a pre-mix, a powder, an agglomerate, a fluid, a syrup, a gel, a tablet or a capsule.

43. (Cancelled)

44. (Currently Amended) ~~Use of a methylamine and/or flavonolignan in a hypotonic fluid to provide improved prevention against hypohydration. A method of preventing hypohydration in an individual susceptible thereof comprising orally administering a fluid comprising a flavonolignan and optionally a methyl amine, said fluid further comprising one or more digestible carbohydrates and one or more minerals, wherein said fluid has an essentially hypotonic osmolarity, and wherein said flavonolignan is present at a concentration of 0.1-8 g/l.~~

45. (Currently Amended) ~~Use of methylamine and/or flavonolignan in a hypotonic fluid to provide improved recovery from hypohydration. A method of treating hypohydration in an individual in need of treatment thereof comprising orally administering a fluid comprising a flavonolignan and optionally a methyl amine, said fluid further comprising one or more digestible carbohydrates and one or more minerals, wherein said fluid has an essentially hypotonic osmolarity, and wherein said flavonolignan is present at a concentration of 0.1-8 g/l.~~

46. (New) A fluid for preventing or treating hypohydration, comprising a flavonolignan and optionally a methyl amine, said fluid further comprising one or more digestible carbohydrates and one or more minerals, wherein said fluid has an essentially hypotonic osmolarity, and wherein said flavonolignan is silibin.

47. (New) A fluid according to claim 46, having an osmolarity of 300 mOsm/l or less.

48. (New) A fluid according to claim 46, having a dry mass content of 9 wt. % or less.

49. (New) A fluid according to claim 46, wherein the digestible carbohydrate concentration is between 10 and 80 g/l.

50. (New) A fluid according to claim 46, wherein the one or more carbohydrates are selected from the group consisting of oligosaccharides and polysaccharides.

51. (New) A fluid according to claim 46, wherein the one or more carbohydrates have an average chain length in the range of 3-50 monosaccharide units.

52. (New) A fluid according to claim 46, wherein at least 50 wt. % of the carbohydrate content is in the form of oligosaccharides and/or polysaccharides.

53. (New) A fluid according to claim 46, wherein the one or more carbohydrates are selected from the group consisting of glucose, fructose, galactose, mannose, ribose and inositol.

54. (New) A fluid according to claim 53, comprising glucose, fructose, and mannose, and wherein fructose and mannose together are present in an amount between 0.05-0.6 mole per mole glucose.

55. (New) A fluid according to claim 46, wherein the one or more carbohydrates comprise at least 0.5 g/l ribose, at least 0.5 g/l inositol and/or at least 0.5 g/l galactose.

56. (New) A fluid according to claim 46, wherein said methyl amine is betaine.

57. (New) A fluid according to claim 46, wherein the methylamine concentration is 0.1-.20 g/l.

58. (New) A fluid according to claim 46, comprising silymarin as a source for silibin.

59. (New) A fluid according to claim 58, wherein the silymarin concentration is between 0.2 and 10 g/l.

60. (New) A fluid according to claim 46, wherein the mineral concentration is between 0.1 and 30 g/l.

61. (New) A fluid according to claim 46, wherein the one or more minerals are selected from the group consisting of sodium, potassium, chloride, phosphate, magnesium, zinc, calcium, iron and copper.

62. (New) A fluid according to claim 61, wherein the magnesium concentration is 100 mg/l or more.

63. (New) A fluid according to claim 61, wherein the zinc concentration is 10 mg/l or more.

64. (New) A fluid according to claim 61, wherein the calcium concentration is 300 mg/l or more.

65. (New) A fluid according to claim 61, wherein the iron concentration is 5 mg/l or more.

66. (New) A fluid according to claim 46, comprising glycerol, lipoic acid, a vitamin, citrate, phosphate, malate, taurine, caffeine or a combination thereof.

67. (New) A fluid according to claim 66, comprising tocopherol.

68. (New) A fluid according to claim 66, wherein glycerol is present in a concentration of 0.1-20 g/l.

69. (New) A fluid according to claim 66, wherein lipoic acid is present in a concentration of at least 20 mg/l.

70. (New) A fluid according to claim 66, wherein taurine is present in a concentration of 0.2-2 g/l.

71. (New) A fluid according to claim 66, wherein caffeine is present in a concentration of 0.1-1 g/l.

72. (New) A fluid according to claim 46 comprising methionine.

73. (New) A fluid according to claim 46, having a pH in the range of 2.5-6.8.

74. (New) A fluid according to claim 46, having a nitrogen content of less than 3 g/l.

75. (New) A fluid according to claim 46 in the form of a water solution, a fruit juice, a whey dairy drink, a beverage, a fluid for tube or enteric administration.

76. (New) A method for treating or preventing hypohydration, comprising administering a fluid according to claim 46 to a subject.

77. (New) A method according to claim 76, wherein the fluid is administered orally or by tube or enteral administration.

78. (New) A method according to claim 76, wherein the subject suffers from a gut disorder, cystic fibrosis, or a cardiovascular disease.

79. (New) A method according to claim 76, wherein the fluid is administered before, during or after the subject is subjected to surgery.

80. (New) A method according to claim 76 for the prevention or treatment of dehydration of a subject who is exposed to a high temperature and/or physical exercise, wherein the fluid is administered to the subject before, during and/or after being exposed to a high temperature and/or physical exercise.

81. (New) A method according to claim 76, wherein the subject is an elderly person.

82. (New) A method according to claim 76, wherein the fluid is administered for medical use.

83. (New) Concentrate for preparation of a fluid according to claim 46.

84. (New) Concentrate according to claim 83 in the form of a pre-mix, a powder, an agglomerate, a fluid, a syrup, a gel, a tablet or a capsule.

85. (New) A method of preventing hypohydration in an individual susceptible thereof comprising orally administering a fluid comprising a flavanolignan and optionally a methyl amine, said fluid further comprising one or more digestible carbohydrates and one or more minerals, wherein said fluid has an essentially hypotonic osmolarity, and wherein said flavanolignan is silibin.

86. (New) A method of treating hypohydration in an individual in need of treatment thereof comprising orally administering a fluid comprising a flavanolignan and optionally a methyl amine, said fluid further comprising one or more digestible carbohydrates and one or more minerals, wherein said fluid has an essentially hypotonic osmolarity, and wherein said flavanolignan is silibin.

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